

Health Homes Herald

March, 2014

Volume 1, Issue 6

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Announcing the Health Homes Webinar Series

With the help of Wichita State University’s Center for Community Support and Research (CCSR), we are happy to announce the Health Homes Webinar Series.

The Health Homes webinar schedule is as follows::

- 3/18/14 **Referral Process:** Including clearly defined target populations
- 3/25/14 **Payment structures for both SPAs**
- 4/22/14 **Step by Step completion of the Health Action Plan**
- 4/29/14 **HIT Beginnings or Requirements** (90 day plan for EHR)

These webinars will give providers an opportunity to learn about important Health Homes topics, forms and requirements.

Previous topics include:

- 2/18/14 **Planning & Preparedness Tool**
- 2/25/14 **Program Manual & Documents List:** Including provider requirements and enrollment/ assignment process

Webinars will be held twice a month from noon to 1:00p .m. If you have missed a webinar that you are interested in, don't worry. All webinars and accompanying documentation is archived on the Health Homes website.

You can learn more about the Health Homes initiative and access all past webinars, Q&As, slides and other materials at:

http://www.kancare.ks.gov/health_home/providers_webinar_series.htm

If you have questions about the Health Homes Webinar Series, or would like to register you may contact Vanessa Lohf at:

Phone: 316-978-5380

Email: vanessa.lohf@wichita.edu

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Upcoming News and Events

- Target date for Preparedness and Planning Tools to be submitted — April 1, 2014
- March Stakeholder Meeting — March 21, 2014
- HH Provider Training — April 2-9, 2014

Questions?

Email: healthhomes@kdh.ks.gov

Phone: 1-785-296-3981



Consumers' Frequently Asked Questions

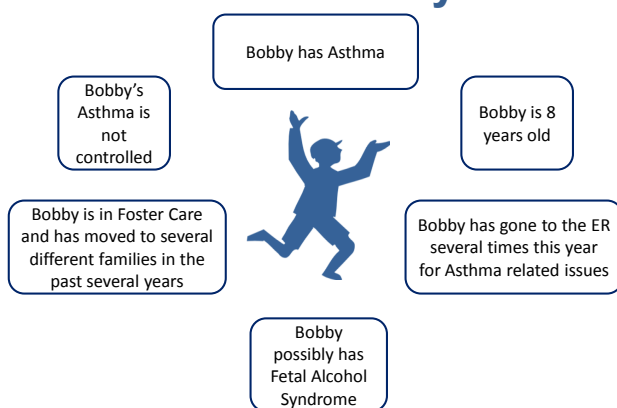
What is a Health Home?

A Health Home is not a place. It is a set of services to provide extra support to you if you have a serious health condition and are part of KanCare. Participation in Health Home services will help things go more smoothly for you by working to manage your care needs. This can help lower your hospital and emergency room visits and improve your health and overall well-being.

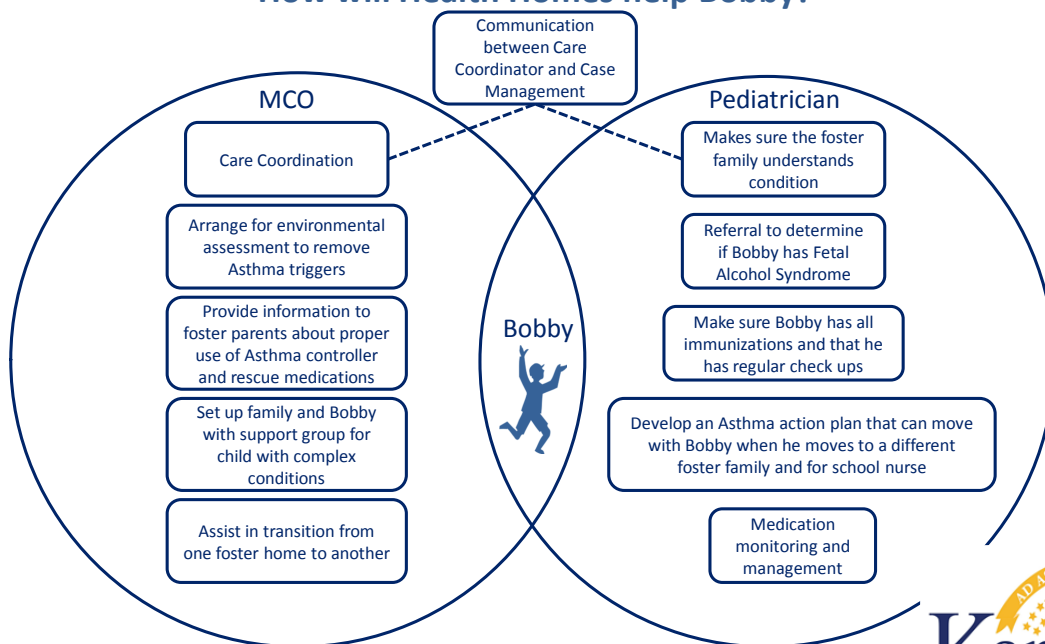
Example of How a Health Home Can Help

Meet Bobby. Bobby is going to help us show you how a Health Home can help meet your needs. Though this is only an example, we hope that this will help you see how Health Homes can help make your life better as well. The picture to the side shows you the many conditions that Bobby is dealing with. The picture below shows how a Health Home can make sure that all of Bobby's needs are met by working with his health care providers as well as his community support providers. This means better health for Bobby and you!

Meet Bobby



How will Health Homes help Bobby?



Providers' Frequently Asked Questions

Who pays for Health Homes services?

The State pays the MCOs a monthly amount to provide Health Homes for each person. The MCOs will sign agreements with different HHPs to help provide Health Home services. Some of the services will be provided by the MCOs directly and some will be provided by the HHPs. The agreements will say which services are provided by the MCOs and which are provided by the HHPs. They will also say how much the MCOs will pay the HHPs

SMI Health Home PMPM Rates, Effective July 1, 2014:

Level Rate	
Level 1	\$117.21
Level 2	\$153.51
Level 3	\$185.17
Level 4	\$327.48
Average	\$171.79

I/DD Target Case Management Providers

MCOs and/or HHPs must include the targeted case management (TCM) provider as part of the Health Home team for any member who has an intellectual or developmental disability (I/DD). The MCO or the HHP must:

- 1) Contract with the TCM provider if the I/DD member wishes to continue the relationship with that provider.
- 2) Provide a minimum PMPM payment of \$137.32 to TCM providers serving I/DD Health Home members. The TCM provider will be responsible for various components of the six core Health Homes services and these will be determined at the time the Health Action Plan is developed.

Change to Qualifying Diagnoses List

The diagnosis of Childhood Disintegrative Disorder has been removed from the list of qualifying diagnoses for the Serious Mental Illness (SMI) Health Homes State Plan Amendment that will soon be submitted to CMS for approval. This action was taken because Childhood Disintegrative Disorder has been subsumed into the larger Autism Spectrum Disorders diagnostic category in the Diagnostic and Statistical Manual – 5th Edition (DSM-5) and as such will no longer exist as a separate diagnosis.

If you have questions about this change you may contact:

Julie Figgs, LMSW
KanCare Behavioral Health Services Coordinator
Kansas Department for Aging and Disability Services

Phone: 785-296-4736
Email: Julie.Figgs@kdads.ks.gov



March Health News:

Diabetes, High Blood Pressure Raise Kidney Disease Risk

The Centers for Disease Control and Prevention (CDC) reports that most people with kidney disease aren't aware of their condition. If you have diabetes, ask your doctor about getting tested for kidney disease. Keep your kidneys healthy by controlling your blood sugar and blood pressure

Kidney disease damages your kidneys, preventing them from cleaning your blood as well as they should.

If you do have the disease, it's important to be diagnosed early. Treatment can slow down the disease and prevent or delay kidney failure.

According to the CDC, because chronic kidney disease often develops slowly and with few symptoms, many people with the condition don't realize they're sick until the disease is advanced and their blood must be cleaned by a machine. This is called dialysis. Blood and urine tests are the only ways to tell if you have chronic kidney disease.

If your blood pressure is high, check it regularly and get it under control to make sure your kidneys remain healthy. Talk to your doctor about medicines and other ways to lower your blood pressure.

Helping to prevent type 2 diabetes is another important step in preventing kidney disease. Studies have shown that overweight people at higher risk for type 2 diabetes can prevent or delay the disease by losing 5 to 7 percent of their body weight, or 10 to 14 pounds for a 200-pound person. You can do that by eating healthier and getting 150 minutes of physical activity each week.

Other steps you can take to keep your kidney's healthy include:

- Keep blood pressure below 140/80 mm/hg, but check with your health care provider for your appropriate target.
- Stay in your target cholesterol range.
- Eat foods lower in sodium.
- Eat more fruits and vegetables.

- Stay physically active.
- Take your medications as directed.

If you have diabetes, take these steps, too:

- Meet blood sugar targets as often as you can.
- Have an A1c test at least twice a year, but ideally up to four times a year. An A1c test measures the average level of blood sugar over the past three months.

Take steps to keep your kidneys healthy. If you have a higher risk of kidney disease, talk to your doctor about getting tested. Or visit the CDC website to learn more:

<http://www.cdc.gov/diabetes/projects/kidney/index.htm>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 1-785-296-3981

Email: healthhomes@kdheks.gov

Website:

http://www.kancare.ks.gov/health_home.htm



Health Homes Provider Training Dates and Places

The Health Homes State Team, along with the help of Wichita State University's Center for Community Support and Research (CCSR), will be hosting regional trainings from providers regarding the implementation of Health Homes.

Trainings are scheduled for April 2-9 in locations across the State. These meetings will give potential Health Home Partners and potential sub-contracting agencies an opportunity to learn more, get on board, and get prepared through information sharing and conversation.

Due to limited space, as well as to assure that adequate materials are available for participants, we are asking that you pre-register using this link: https://wichitastate.qualtrics.com/SE/?SID=SV_8nZk1gMtMBbZw8t. (Full agenda and meeting details will be sent to those who pre-register in advance of the meeting.)

The Provider Training will run from 10:00 a.m. to 4:00 p.m. We look forward to seeing you there!

Date	City	Location	Address
2-Apr	Hays	Fort Hays State University - Robbins Center	One Tiger Place 2408 W Wyatt Earp Blvd Dodge City, KS 67801
3-Apr	Dodge City	Dodge House Hotel & Convention Center	5015 E. 29th Street N Memorial Building 101 S. Lincoln Chanute, KS 66720
4-Apr	Wichita	Metroplex	126th and State Ave, Bonner Springs KS 66112
7-Apr	Chanute	Alliance Room	420 Southeast 6th Ave, I-70 at W. Exit 362B-E. 361B Topeka, KS 66607 US
8-Apr	KC	George Meyn Community Center	
9-Apr	Topeka	Ramada Inn	

Special Thanks to High Plains Mental Health

The Health Homes State Staff would like to extend a special thanks to High Plains Mental Health for helping make the Health Homes Consumer Tour a success. The staff at High Plains Mental Health went above and beyond by helping to identify consumers who would benefit from hearing about Health Homes and then ensuring that those consumers were able to attend the meetings.

The Health Homes initiative relies on providers such as High Plains Mental Health to make the program a success. We appreciate all you do for our program as well as our consumers. Job well done!

